

PREPARING FOR YOUR PROCEDURE

Your preparation guide
for PillCam™ COLON
capsule endoscopy*

This guide will help prepare you
for the days leading up to and
during your PillCam™ COLON
capsule endoscopy procedure.
It's important that you follow the
instructions carefully to ensure
that your colon is clean for a
successful procedure.



*The bowel preparation regimen described here, for both the pre-procedure cleansing and during procedure boosting, is in alignment with the clinical guidance document developed by NHS England specific to the use of colon capsule endoscopy in an organised CRC screening programme initiative.

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Further, Together

Three to five days before the procedure



Please stick to a low fibre diet as much as possible to help improve bowel cleansing. Examples of foods you should and should not eat are listed below.

- | | |
|---|---|
| <ul style="list-style-type: none">▪ White flour products (bread, pasta, etc.)▪ White rice and potatoes▪ Eggs▪ Oils (olive, rapeseed, soy)▪ Dairy products including butter, margarine, and mayonnaise▪ Unseasoned white meat or fish▪ Chocolate and sweets (without fruits or nuts)▪ Tea and coffee with milk and sugar / sweeteners | <ul style="list-style-type: none">▪ All fruits and vegetables▪ Any wholegrain product▪ All breakfast cereals▪ Instant soup▪ Red meat▪ All legumes▪ All varieties of nuts▪ Fruit or vegetable juice |
|---|---|

Please speak to your doctor for guidance on stopping iron supplements before the examination and for advice on any other regular medication leading up to your procedure.

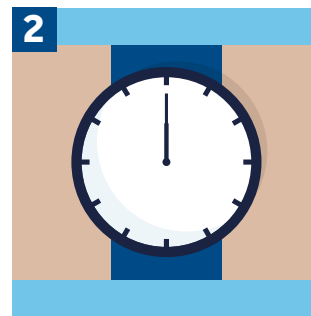
The day before the procedure



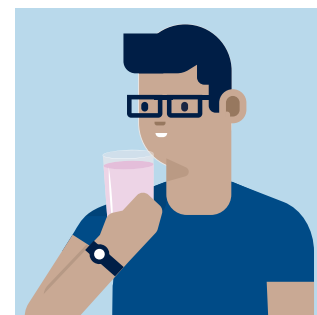
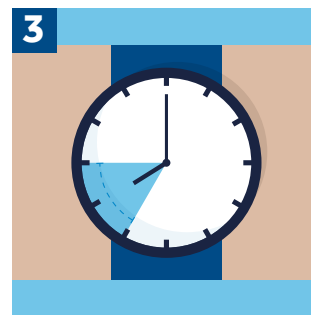
You may only consume clear liquids throughout the day and cannot eat any food. You should drink approximately 8 glasses (240 ml each) of clear liquids. This will help you stay hydrated and clean your colon. Examples of clear liquids are listed below:

- Water
- Clear or fizzy sports drinks
- Tea or coffee without milk
- Ice lollies or flavoured jelly
- Apple juice or clear fruit cordial e.g. white grape
- Chewing gum or boiled sweets (boiled sweets should be dissolved slowly)

NOTE: No red or purple colours.
No broth or soup.



At **NOON** prepare your 2 litres of PEG (polyethylene glycol 3350 plus ascorbate) solution. PEG is a laxative solution used to cleanse the bowel. Pour water into the container to the fill line, replace the lid and shake gently. Once mixed completely, refrigerate until it's time to drink.



Drink **half** of the PEG solution between **7–9 p.m.**, at a recommended rate of approximately 1 cup every 15 minutes. Drinking at a faster rate could lead to vomiting of the solution. After 9 p.m., continue your clear liquid diet.

Ask your doctor before taking any medication within an hour of drinking the PEG solution.



TIP: You may find it easier to drink the PEG solution with a straw, or from a bottle with a sports cap. You can also take small sips of other clear liquids between doses. Alternatively try lemon wedges, lemon drops, or suck on a boiled sweet.

The day of the procedure



1 In the morning, take any regular medicines as instructed by your doctor.




2 Finish your remaining PEG solution within two hours, **usually between 7–9 a.m.**, at a recommended rate of approximately 1 cup every 15 minutes. Drinking at a faster rate could lead to vomiting of the solution.

Don't drink anything else until you're told to by the clinic staff.



Reminder: You cannot eat or drink anything before your procedure.

 **TIP:** Wear a dark loose-fitting shirt or T-shirt. This will also ensure your comfort during the procedure.



4 About an hour after you've finished your PEG solution, you should arrive at the clinic and be ready to swallow the PillCam™ COLON capsule once you've been fitted with the sensor belt or array.




5 If you're fitted with the sensor belt it will be worn over your clothing, around your waist. If you're fitted with the sensor array, it will be attached to your abdomen and back with sticky pads.



6 The sensor belt and sensor array connect to a data recorder worn around your body that will fit in a pouch with a strap around your shoulder. Once the PillCam™ COLON capsule is ready, swallow it with water.



7 You can carry on with your usual activities, as instructed by your doctor for the rest of the examination. Ensure there is a toilet nearby at all times.

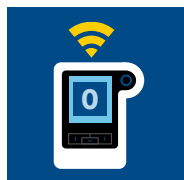
 **TIP:** Please handle the recorder with care. Avoid direct sunlight.



8 The data recorder will provide you with alerts and prompts as the procedure continues, see back page for further information.

What the recorder alerts mean

When you receive an alert on the recorder, please follow the instructions below. You do not need to call the hospital when an alert goes off.



Alert 0

If you receive this alert, take one metoclopramide 10 mg tablet by mouth with a sip of water. Metoclopramide is a medicine that helps empty your stomach.

Do not eat or drink anything else until your next alert and remain active.



Alert 1

When you receive this alert, drink 30 ml of the sodium phosphate booster liquid solution mixed with water. Your booster is a liquid laxative that causes bowel movements to help propel the capsule through the colon. Your doctor may also ask you to mix 50 ml Gastrografin into the booster.

After drinking the solution, continue to drink about 1 L of water over the next hour to stay hydrated.

Then wait for your next alert, which may be "End of Procedure" or "Alert 2".



Alert 2

If after three hours you receive this alert, take a second smaller dose of booster liquid.

Drink 15 ml of sodium phosphate mixed with water. Your doctor may also ask you to mix 50 ml Gastrografin into the booster. Continue drinking about 0.5 L of water over the next hour to stay hydrated.

Wait for your next alert, which may be "End of Procedure" or "Alert 3".



Alert 3

You may receive this alert after two hours. If so, insert a 10 mg bisacodyl suppository into your rectum and let it dissolve. This is a laxative that causes bowel movements.

Wait for your next alert, which may be "End of Procedure" or "Alert 4".



Alert 4

If you receive this alert after two hours, you should eat a small meal, and wait for the "End of Procedure" alert.



End of procedure alert

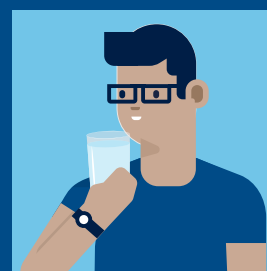
When you receive this alert, your procedure has ended. This can occur anytime after you have received "Alert 1". See next page for instructions to carefully remove your sensor equipment.



Reminder: There is no need to retrieve the capsule after it expels naturally into the toilet.

After alerts 1–4

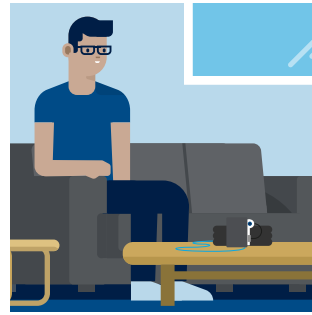
You should remain active, doing your usual daily activities without laying down or sleeping. Continue your clear liquid diet until the end of the procedure.



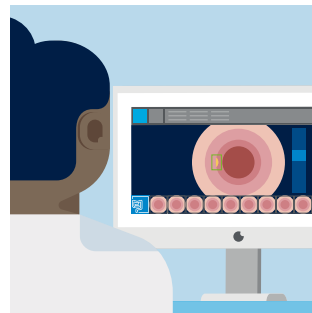
After the procedure

It is recommended that patients sit down on a sofa or bed to remove the kit, to avoid anything dropping to the floor.

If using the sensor array, gently peel the non-adhesive tabs. **Do not pull the wires or remove the sensors from the sleeves.** Remove your shoulder strap with the recorder and return the equipment to your clinic as instructed.



Your doctor will review the image results and determine the best next steps for your care.



Call your doctor if you have any questions or concerns during the procedure.

Risk information:

The risks of the PillCam™ COLON capsule include capsule retention, aspiration, skin irritation, perforation, obstruction, mucosal injury, and bleeding. The risks associated with colon preparation are allergies or other known contraindications to any preparation agents or medications used for the PillCam™ COLON capsule regimen, according to laxative medication labelling and per doctor discretion. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur. After ingesting the PillCam™ COLON capsule, and until the capsule is excreted, patients should not be near any source of powerful electromagnetic fields, such as one created near an MRI device. Please consult your doctor for detailed information.

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